

Full Report (All Nutrients) 11080, Beets, raw

Report Date:September 23, 2015 12:35 EDT

Nutrient values and weights are for edible portion.

Food Group : Vegetables and Vegetable Products

Carbohydrate Factor: 3.84 Fat Factor: 8.37 Protein Factor: 2.78 Nitrogen to Protein Conversion Factor: 6.25

Refuse:33% Refuse Description: Parings and part tops

Nutrient	Unit	1 Value Per100	Data points	Std. Error	1 cup 136g	1 beet (2" dia) 82g
		g				
Proximates						
Water	g	87.58	21	0.723	119.11	71.82
Energy	kcal	43	--	--	58	35
Energy	kJ	180	--	--	245	148
Protein	g	1.61	9	0.140	2.19	1.32
Total lipid (fat)	g	0.17	9	0.051	0.23	0.14
Ash	g	1.08	8	0.108	1.47	0.89
Carbohydrate, by difference	g	9.56	--	--	13.00	7.84
Fiber, total dietary	g	2.8	--	--	3.8	2.3
Sugars, total	g	6.76	--	--	9.19	5.54
Minerals						
Calcium, Ca	mg	16	5	1.810	22	13
Iron, Fe	mg	0.80	8	0.195	1.09	0.66
Magnesium, Mg	mg	23	5	1.834	31	19
Phosphorus, P	mg	40	5	4.927	54	33
Potassium, K	mg	325	11	14.960	442	266
Sodium, Na	mg	78	13	10.198	106	64
Zinc, Zn	mg	0.35	14	0.041	0.48	0.29
Copper, Cu	mg	0.075	14	0.013	0.102	0.061
Manganese, Mn	mg	0.329	15	0.053	0.447	0.270
Selenium, Se	µg	0.7	--	--	1.0	0.6

Vitamins

Nutrient	Unit	1			1 cup 136g	1 beet (2" dia) 82g
		Value Per 100 g	Data points	Std. Error		
Vitamin C, total ascorbic acid	mg	4.9	5	1.544	6.7	4.0
Thiamin	mg	0.031	5	0.009	0.042	0.025
Riboflavin	mg	0.040	5	0.007	0.054	0.033
Niacin	mg	0.334	5	0.026	0.454	0.274
Pantothenic acid	mg	0.155	4	0.010	0.211	0.127
Vitamin B-6	mg	0.067	4	0.005	0.091	0.055
Folate, total	µg	109	8	12.313	148	89
Folic acid	µg	0	--	--	0	0
Folate, food	µg	109	8	12.313	148	89
Folate, DFE	µg	109	--	--	148	89
Choline, total ¹	mg	6.0	--	--	8.2	4.9
Betaine ¹	mg	128.7	1	--	175.0	105.5
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	2	--	--	3	2
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	20	--	--	27	16
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	33	--	--	45	27
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0
Vitamin E (alpha-tocopherol)	mg	0.04	--	--	0.05	0.03
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone)	µg	0.2	--	--	0.3	0.2
Lipids						
Fatty acids, total saturated	g	0.027	--	--	0.037	0.022
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000

Nutrient	Unit	1			1 cup 136g	1 beet (2" dia) 82g	
		Value Per 100	Data points	Std. Error			
12:0	g	0.000	--	--	0.000	0.000	0.000
14:0	g	0.000	--	--	0.000	0.000	0.000
16:0	g	0.026	--	--	0.035	0.021	
18:0	g	0.001	--	--	0.001	0.001	
Fatty acids, total monounsaturated	g	0.032	--	--	0.044	0.026	
16:1 undifferentiated	g	0.000	--	--	0.000	0.000	
18:1 undifferentiated	g	0.032	--	--	0.044	0.026	
20:1	g	0.000	--	--	0.000	0.000	
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	
Fatty acids, total polyunsaturated	g	0.060	--	--	0.082	0.049	
18:2 undifferentiated	g	0.055	--	--	0.075	0.045	
18:3 undifferentiated	g	0.005	--	--	0.007	0.004	
18:4	g	0.000	--	--	0.000	0.000	
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	
Cholesterol	mg	0	--	--	0	0	
Phytosterols	mg	25	1	--	34	20	
Amino Acids							
Tryptophan	g	0.019	--	--	0.026	0.016	
Threonine	g	0.047	--	--	0.064	0.039	
Isoleucine	g	0.048	--	--	0.065	0.039	
Leucine	g	0.068	--	--	0.092	0.056	
Lysine	g	0.058	--	--	0.079	0.048	
Methionine	g	0.018	--	--	0.024	0.015	
Cystine	g	0.019	--	--	0.026	0.016	
Phenylalanine	g	0.046	--	--	0.063	0.038	
Tyrosine	g	0.038	--	--	0.052	0.031	
Valine	g	0.056	--	--	0.076	0.046	
Arginine	g	0.042	--	--	0.057	0.034	
Histidine	g	0.021	--	--	0.029	0.017	
Alanine	g	0.060	--	--	0.082	0.049	

Nutrient	Unit	1			1 cup 136g	1 beet (2" dia) 82g	
		Value Per 100	Data points	Std. Error			
Aspartic acid	g	0.116	--	--	0.158		0.095
Glutamic acid	g	0.428	--	--	0.582		0.351
Glycine	g	0.031	--	--	0.042		0.025
Proline	g	0.042	--	--	0.057		0.034
Serine	g	0.059	--	--	0.080		0.048
Other							
Alcohol, ethyl	g	0.0	--	--	0.0		0.0
Caffeine	mg	0	--	--	0		0
Theobromine	mg	0	--	--	0		0
Flavonoids							
Flavan-3-ols							
(+)-Catechin ²	mg	0.0	4	0	0.0		0.0
(-)-Epigallocatechin ²	mg	0.0	4	0	0.0		0.0
(-)-Epicatechin ²	mg	0.0	4	0	0.0		0.0
(-)-Epicatechin 3-gallate ²	mg	0.0	4	0	0.0		0.0
(-)-Epigallocatechin 3-gallate ²	mg	0.0	4	0	0.0		0.0
(+)-Gallocatechin ²	mg	0.0	4	0	0.0		0.0
Flavones							
Apigenin ^{3 4}	mg	0.0	5	0	0.0		0.0
Luteolin ^{3 4}	mg	0.4	5	0.36	0.5		0.3
Flavonols							
Kaempferol ^{3 4}	mg	0.0	5	0	0.0		0.0
Myricetin ^{3 4}	mg	0.0	5	0	0.0		0.0
Quercetin ^{3 4}	mg	0.1	5	0.13	0.2		0.1
Isoflavones							
Daidzein ⁵	mg	0.0	1	--	0.0		0.0
Genistein ⁵	mg	0.0	1	--	0.0		0.0
Total isoflavones ⁵	mg	0.0	1	--	0.0		0.0

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA Choline Study, Local pickup UNC, NFNAP, 2003 Beltsville MD

²Arts, I. C. W., van de Putte, B., and Hollman, P. C. H. Catechin content of foods commonly consumed in the Netherlands. 1. Fruits, vegetables, staple foods and processed foods., 2000 J. Agric. Food Chem. 48 pp.1746-1751

³Hertog, M. G. L., Hollman, P. C. H., and Katan, M. B. Content of potentially anticarcinogenic flavonoids of 28 vegetables and fruits commonly consumed in The Netherlands., 1992 J. Agric. Food Chem. 40 pp.2379-2383

⁴Lugasi, A., and Hovari, J. Flavonoid aglycons in foods of plant origin I. Vegetables, 2000 Acta Alimentaria 29 pp.345-352

⁵Horn-Ross, P. L., Barnes, S., Lee, M., Coward, L., Mandel, E., Koo, J., John, E. M., and Smith, M. Assessing phytoestrogen exposure in epidemiologic studies: development of a database (United States)., 2000 Cancer Causes and Control 11 pp.289-298

Langual Code(s)

- A0152 VEGETABLE OR VEGETABLE PRODUCT (US CFR)
- A1281 1100 VEGETABLES AND VEGETABLE PRODUCTS (USDA SR)
- B1309 BEET
- C0100 ROOT, TUBER OR BULB, WITH PART OF TOP
- E0150 WHOLE, NATURAL SHAPE
- F0003 NOT HEAT-TREATED
- G0003 COOKING METHOD NOT APPLICABLE
- H0003 NO TREATMENT APPLIED
- J0001 PRESERVATION METHOD NOT KNOWN
- K0003 NO PACKING MEDIUM USED
- M0001 CONTAINER OR WRAPPING NOT KNOWN
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION